



PSHE & RSHE Long Term Plan – Lessons Young Citizens unless stated. **Bank of England resources download.**

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Health and Wellbeing Relationships Living in the Wider World	Feelings and emotions Valuing difference Rights and responsibilities	Keeping Safe inc Road Safety	Taking care of the environment/ Community Emotions/ feelings	Environment/ Money Caring for/ Valuing others	Healthy Lifestyles Keeping safe inc. sun safety .	Healthy Relationships/RSE – Ten Ten Money/Community
Links with St Mark's values:	Respect, Resourcefulness, Resilience, Reasoning, Responsibility, Reflection					
Links with/ Key Themes,	<i>International Day of Democracy (15/9/24 – School Council voting).</i> <i>World Mental Health Day (10/10/24) – see class activities</i> <i>NSPCC – Online safety</i>	<i>Remembrance Day (11/11/24)- Assembly.</i> <i>Anti Bullying week (11/11-15/1/24). – see class activities.</i> <i>Links with Road safety week (17/11-23/11) see class activities.</i> <i>Black History Month – staff plan</i>	<i>Safer Internet Day (11/2/25) – see class activities.</i> <i>Children's Mental Health Week (3/2/24 – 9/2/24) – see class activities</i>	<i>NSPCC – Pants assembly (TBC)</i>	<i>Earth Day (22/4/25) – Staff plan</i> <i>Walk to School Week (20/5 to 24/5/25) - assembly, school action.</i> <i>Mental Health awareness Week (13/5 to 19/5/25) – see class activities.</i> <i>Dementia Awareness week (19/5 to 25/5/25) – staff plan</i>	<i>Healthy Eating Week (TBC) – school Healthy Living week activities.</i> <i>Drowning Prevention Week (21/6 to 28/6/25) – staff plan.</i>
Additional activities	<i>Harvest celebrations and collections</i> <i>Year 6 Residential</i>	<i>Children in Need 17/11/23 – assembly/ charity day.</i>			<i>Year 5 trip to Thorpe Woodlands</i>	<i>Healthy Living Week</i> <i>Y6 Bikeability</i> <i>Y6 Crucial Crew</i>
Year R Complete with YR team	<u>Online Safety</u> Smartie the Penguin	<u>Road Safety – THINK</u> - Stepping Stones to Road Safety (THINK, See PSHE Lead)				
Year LL RSHE Ten:Ten						
Year 1	<u>Getting To Know You and Class Rules</u> - Getting To Know You. - Why Do We Have Rules? - Our Rules - Rules-You Can't Do That Here <u>Online Safety</u> CEOP THINKYOUKNOW Jessie & Friends – Les 2 <u>WMHD</u> <u>Young Minds</u>	<u>Keeping Safe</u> - Keeping Safe at Home - Who Can Help? <u>Road Safety</u> - 2, Be Bright, Be Seen (THINK – See PSHE Lead). - 3, Safety First Police Visit (Road Safety)	<u>Caring for others/ community</u> - Litter the Picnic. - Caring for Pets - Protecting Local Habitats MENTAL HEALTH <u>School Link</u> <u>Care Home Cards.</u>	<u>Managing Emotions and Helping Others</u> - Anna's Monster Lies - More Than One Friend - Taking Responsibility - Looking Out For Others <u>Money</u> - Wants and Needs	<u>Staying Healthy Body and Mind</u> - How Do You Feel Today? - Resilience: Bouncing Back - Why Do We Wash Our Hands? - Twinkl: The Importance of Sleep PPT Twinkl – Sun Safety PPT –	Ten:Ten RSHE Transition



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Year 1 RSHE Ten:Ten	- I am Unique - Girls and Boys	- Clean and Healthy: My Body - Super Susie Gets Angry	- God Loves You - Special People - Treat Others Well	- ...And Say Sorry - Real Life Online	- Three in One	- Who is my Neighbour?
Year 2	<u>Making Decisions</u> - Difficult Decisions - Where Do You Stand? - What is a vote? - What happens when rules are broken? <u>Online Safety</u> CEOP THINKUKNOW Jessie and Friends Les 3 <u>WMHD</u> Young Minds	<u>Keeping Safe</u> - Twinkl: Safe and unsafe (Stanger Danger) - Staying Safe Around Medicines PPT <u>Road Safety - THINK</u> - 4, Road Rangers (See PSHE Lead). - 5 Roads away from Home. <u>School Link</u> Invitations to Care Home for Nativity	<u>Community</u> - Exploring Our Community - Caring for Our communities - Go-Givers Playground - Pollution: Expedition to Planet Bluebell.	<u>Celebrating Diversity</u> - I'm Unique - People Who Are Special To Me <u>Money</u> Bank of England resources - All About Money.	<u>Healthy Lifestyles/ emotions</u> - Healthy Eating - Let's Get Active - Chicken Soup - The Power of Giving - Sun Safety PSHE Association Dental Nurse visit	Transition
Year 2 RSHE Ten:Ten	- Feelings Likes and dislikes	- Feeling inside out.	- The cycle of life - Beginnings and Endings	- Rules to help us - Good and bad secrets	- Physical contact - Harmful substance	- Can you help me? - Can you help me Part 2? - The communities we live in.
Year 3	<u>Getting to know you and setting rules</u> - Our Class - Respect - Rules - Why do we have rules? <u>Online Safety</u> - CEOP ThinkUKnow Play Like Share Level 1 <u>WMHD</u> Young Minds	<u>Relationships: Family</u> - Family Life <u>Staying Safe And Healthy</u> - Twinkl: All About Sleep <u>Red Cross (plans on server)</u> - 1, Looking to the Future - 2, Safety at Home - 3, Sharing Skills <u>Road Safety – BRAKE</u> - Les 1, No Need to Speed (see PSHE Lead resources).	<u>Relationships: Developing positive communities</u> - What is a citizen? - Being Part of a school community - My Community - How can I make a difference? Mental Health	<u>Environment:</u> - Climate Change (parts 1-4) <u>Money</u> Bank of England Resources - What is money? - What's new with money? Mental Health	<u>Health</u> - Who keeps us healthy? - What is an infectious disease? - Preventing Infectious diseases <u>Inspirational People</u> - Inspirational People - Martin Luther King <u>School Link</u> Talk time inspirational People at Care home.	Ten : Ten RSHE <u>Transition</u> - Booklets for Year 2 on moving to KS2.
Year 3 RSHE Ten:Ten	- The sacraments - Respecting our Bodies	- What am I looking at? - What am I feeling?	- Family, Friends and Others - Sharing Online	- Get up - Chatting Online	- We don't have to be the same. - A Community of Love	- Jesus my friend - What is the Church?
Year 4	<u>Community support</u> - Rights and responsibilities – - Go-Givers Community Centre (2 Lessons)	<u>First Aid</u> St John's Ambulance Pathways (See PSHE Lead for resources/plan) - Basic Life Support	<u>Caring for the environment</u> - The Value of Trees (parts 1-3) - Protecting Local Habitats Health	<u>Caring for the World's resources</u> -How Should We Farm? - Water: Our Most Precious Resource <u>Ethical reasoning</u>	<u>Health</u> - Understanding cancer - The big vote – cancer, early detection 00n and prevention	Ten: Ten RSHE Transition



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	- Homelessness- link to school collections. <u>Online Safety</u> CEOP ThinkUKnow Play Like Share Level 2 <u>WMHD</u> Young Minds	- Emergencies and calling for help <u>Conflict resolution (2 parts)</u> - Conflict Pt 1 - Reacting to conflict - Conflict Pt 2 - Mediation <u>Road Safety - BRAKE</u> - 1, What is a Road Safety Hero? (See PSHE Lead resources)	<u>Staying Safe and Healthy</u> <u>Mental Health and Wellbeing – PHSE</u> <u>Association lessons</u> <u>Every day feelings</u> <u>Expressing Feelings</u> <u>Managing Feelings</u>	- Dilemmas - Where do you stand? <u>Money</u> Bank of England Resources - What can I do with money? <u>School Link</u> Reading and share time at Care Home.	- Twinkl: Immune Systems and Vaccines PPT <u>EAT WELL</u> <u>Dental Nurse</u>	
Year 4 RSHE Ten:Ten	- Life cycles - A Time for Everything	- What is puberty? - Changing bodies	- I am thankful	- When things feel bad - Safe in my body	- Drugs, alcohol and tobacco - First Aid heroes	-How do I love others?
Year 5	<u>Human rights</u> - What are human rights? - Children's Rights - Conflicting Rights - Discrimination <u>Online Safety</u> CEOP ThinkUKnow Play Like Share Level 3 <u>WMHD</u> Young Minds	<u>First Aid</u> St John's Ambulance Pathways (See PSHE Lead for resources/plan) - Asthma - Bites and Stings <u>Road Safety - BRAKE</u> - 2, Everyone can be a Road Safety Hero. (See PSHE Lead resources) <u>Mental Health</u>	<u>Social action</u> - What is a charity? - What is philanthropy? <u>Democracy</u> Democracy – part 1 Democracy – part 2 Democracy – part 3	<u>Cultural Diversity</u> - Nelson Mandela - Identities - Challenging Stereotypes (2 Lessons) - Cultural Diversity in the UK Migration <u>Money</u> Bank of England Resources - Introduction to Banking.	<u>Mental Health and Wellbeing</u> - My self care plan (Ana Freud centre – see PSHE Lead). <u>– PHSE Association lessons</u> <u>Mental Health and keeping Well (1)</u> <u>Managing Challenge and change (2)</u> <u>Eat well/ Active Suffolk</u>	Transition <u>School Link</u> Singing visit – link to school play
Year 5 RSHE Ten:Ten	- Calming the Storm	- The Holy Trinity - Catholic Social Teaching	- God Is Calling You?	- Sharing isn't always caring - Cyberbullying	- Gifts and Talents - Girls' bodies - Boys' bodies - Spots and Sleep	- Under Pressure - Do you want a piece of cake? - Self Talk - Build others up.
Year 6	<u>Population pressures:</u> - Strong societies - Times of Need <u>Online Safety</u> - Digital Footprints <u>WMHD</u> Young Minds <u>School Link</u>	<u>Safe Online</u> - Online Options <u>First Aid</u> St John's Ambulance Pathways (See PSHE Lead for resources/plan) - Choking <u>Mental Wellbeing</u> -Talking Mental Health (Anna Freud, see PSHE Coordinator).	<u>Digital citizenship</u> - Fake news - Using technology for good <u>Mental Health WWF/ Oxfam</u>	<u>Democracy and the economy</u> - Why do we pay taxes? – part 1 - Why do we pay taxes? – part 2 <u>OM Health and Wellbeing</u> <u>Coping with SATS</u> <u>Money</u> - Exploring what money can and cannot buy. https://www.valuesmoneyandme.co.uk	Crucial Crew <u>Exploring Global Justice</u> <u>CAFOD</u> <u>Staying Safe and Healthy</u> <u>Mental Health and Wellbeing – PHSE Association lessons</u> <u>Mental Health and keeping Well (1)</u> <u>Managing Challenge and change (2)</u>	- Relationships and the law Transition Anna Freud Lesson (see PSHE Lead for resources).



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	Harvest collections & Food bank	Road Safety – BRAKE - Les 4, Bike Safe (see PSHE Lead resources). - Les 5, Bike Safe		'A fair days pay'	Feelings and common anxieties when transitioning to secondary school The NHS Moving sleeping and eating a balanced diet PHSE Association NHS mental health	
Year 6 RSHE Ten:Ten	- Body Image - Peculiar Feelings	- Emotional Changes - Seeing stuff online	- Making Babies (Part 1) - Making Babies (Part 2)	- Types of Abuse	- Impacted lifestyles - Making Good Choices	- Giving Assistance - Reaching Out - Menstruation - Hoper Beyond Death